

Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

## HANDOUT 10-1

**Fact or Falsehood?**

- |            |  |
|------------|--|
| <b>T F</b> | 1. Freud believed that boys develop sexual desires for their mother when they are between 3 and 6 years of age.                            |
| <b>T F</b> | 2. One of the most reliable and valid measures of personality is the Rorschach inkblot test.   |
| <b>T F</b> | 3. Dreams are disguised wish fulfillments that can be interpreted by skilled analysts.   |
| <b>T F</b> | 4. Psychologists generally agree that painful experiences commonly get pushed out of awareness and into the unconscious.                   |
| <b>T F</b> | 5. Most Americans believe that self-esteem is very important for motivating a person to work hard and succeed.                             |
| <b>T F</b> | 6. Personality differences among dogs are as evident and as consistently judged as personality differences among humans.                   |
| <b>T F</b> | 7. Most people recognize that personality descriptions based on horoscopes are invalid.  |
| <b>T F</b> | 8. From a few minutes' inspection of our living and working spaces, someone can, with reasonable accuracy, assess our emotional stability. |
| <b>T F</b> | 9. Older people are happiest when they do not have to take responsibility for everyday decisions that affect their lives.                  |
| <b>T F</b> | 10. The majority of people suffer from low self-esteem.  |

**PsychSim 5: HELPLESSLY HOPING**

**Name:** \_\_\_\_\_

**Section:** \_\_\_\_\_

**Date:** \_\_\_\_\_

In this activity you will explore the importance of a sense of personal control over the events in your life.

**Learned Helplessness**

- Briefly describe the animal experiments that lead Seligman to the theory of learned helplessness.

**Learned Helplessness and Depression**

- What is seen as the conceptual link between learned helplessness in dogs and depression in humans?

**Gender and Depression**

- Researchers have found that, compared with men, women are twice as likely to develop serious depression. Does the concept of learned helplessness/hopelessness help you understand the gender difference in depression rates?

**Personal Control in Everyday Life**

- Briefly explain the findings on the importance of personal control in everyday life.